



## Uned ymholi/Enquiry unit: Why is breakfast important?

Gwybodaeth a dysgu blaenorol/Prior knowledge and learning: The eatwell guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet. How much will you remember?

Yn ystod eich taith mi fyddwch yn ...

During your journey you will ...

1. Discover the kitchen , can you find everything on your list? Can you spot the hazards?
2. Discover the 4 Cs of food hygiene, are you safe to cook?
3. Revisit the eatwell guide? How can you use it?
4. Research overnight oats and its benefits. Prepare and bring to school for evaluation. Can I taste it?
5. Plank and cook egg muffins. What veg do you fancy?
6. Cook egg bread. What will you put on it? Fruit compote or caramelised banana?
7. Build a pancake tower. How tall will it be???

Yr ydym ar y daith hon oherwydd ...

We are on this journey because ...

- As an enterprising, creative contributor, I can connect and apply my knowledge and skills to create ideas and products.
- As an ambitious, capable learner, I can set myself high standards and seek and enjoy challenge as cooking is a skill for life
- As an ethical, informed citizen, I can understand and consider the impact of my actions when making choices
- As a healthy, confident individual, I can apply knowledge about the impact of diet and exercise on physical and mental health in my daily life as developing good food choice early will prevent problems in the future

## Eich tasgau/Your tasks:



Tasg/k 1: 4 Cs of food hygiene

Tasg/k 2: Grime scene

Tasg/k 3: Overnight oats

Tasg/k 4: Egg Muffins

Tasg/k 5 : Eggy bread

Tasg/k 6 : Pancake tower